

HIGH CHOLESTEROL PREVALENCE

In Brief: High Cholesterol Prevalence

- There are no data on high cholesterol prevalence based upon actual clinical measurements of blood lipids among North Carolinians. This is a serious gap in our surveillance systems and knowledge of the epidemiology of cardiovascular disease in the state.
- Nearly 40% North Carolina adults report having been diagnosed with high cholesterol, which is slightly higher than the U.S. rate.
- N.C. has the 7th highest diagnosed high cholesterol prevalence rate among the 50 states and Washington, D.C.
- The prevalence of diagnosed high cholesterol in North Carolina has been increasing steadily since 1995.
- Significant socioeconomic disparities in diagnosed high cholesterol prevalence exist in N.C.

Nationwide

- Nearly half (48%) of American adults – 106.7 million people – have a total cholesterol of 200 mg/dL or higher, while 37.2 million people (17%) have a total cholesterol of 240 mg/dL or higher.¹
- Almost one-third (32.5%) of American adults have an LDL ("bad") cholesterol of 130 mg/dL or higher, and 16.7% have an HDL ("good") cholesterol below 40 mg/dL.¹

Statewide

- There are no data on high cholesterol prevalence based upon actual clinical measurements of blood lipids among North Carolinians. This is a serious gap in our surveillance systems and knowledge of the epidemiology of cardiovascular disease in the state.
- There are data from the N.C. BRFSS on the percentage of North Carolinians who report being told by a health care professional that they have high cholesterol. These data, however, are limited in that many people with high cholesterol may not know that they have it and because data on high total cholesterol, high LDL cholesterol, or low HDL cholesterol is not specifically collected.